

Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

Rainbow Carrots

Carrots are good for you because: they are an excellent source of Vitamin A, in particular a form of Vitamin A called Beta Carotene that helps keep eyes and skin healthy and protects against infections!



Farm to School ~

China is the largest producer of carrots with over 16 million metric tons per year! The next closest is Russia and Uzbekistan with only 1/10th of the production. USA is 4th with 1.3 million metric tons produced per year.

Carrots are root vegetables, meaning that the part that we eat grows in the ground and never sees the sun.

Selection and Storage ~

Choose carrots that are smooth, firm and shaped with a deep, dark color. If you choose an orange carrot, the darker the color the more beta carotene the vegetable has!

Refrigerate carrots in a plastic bag for up to 2 weeks.

Origin ~ Where did it come from?

Carrots were first farmed and harvested over 2000 years ago in the Middle East. Ancient Greeks and Romans used to use carrots as medicine.

Fun Facts



There are a variety of different colors including orange, purple, red, white and yellow.

The average American eats about 10.6lbs of carrots per year!

Baby carrots are not small or young carrots, they are just a large carrot that has been cut up into smaller shapes.

Word Search

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BETA
CHINA
RUSSIA

CAROTENE
ORANGE
VEGETABLE

CARROT
ROOT
VITAMIN



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CARROT COLORING



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